

a.) Amendment to the Claims:

Claims 1-97 (Canceled).

98. (Currently Amended) A method for supplementing the diet of a human to enhance muscle size and strength, comprising orally administering a dietary supplement comprising admixed effective amounts of:

a protein selected from the group consisting of whey ~~protein, whey~~ protein and whey peptides, ~~milk protein, casein, albumins and soy,~~

a compound which mimics or enhances insulin activity, said compound being selected from the group consisting of myo-inositol, d-myo-inositol, cis-inositol, epi-inositol, allo-inositol, muco-inositol, neo-inositol, scyllo-inositol, d-chiro-inositol, l-chiro-inositol and d-pinitol, and

~~creatine or~~ at least one ingredient which increases nitric oxide production in the body.

Claims 99-101 (Canceled).

102. (Currently Amended) The method of claim 98, wherein comprising said at least one ingredient which increases nitric oxide production, ~~wherein said ingredient~~ is selected from the group consisting of ginseng, L-arginine, N-acetyl cysteine, glucomannan and folic acid.

103. (Previously Presented) The method of claim 98 or 102, wherein one serving of the supplement is about 28 grams and the supplement is administered more than once daily.

104. (Previously Presented) The method of claim 98 or 102, wherein one serving of the supplement provides about 20 grams of protein and about 3 grams of carbohydrates.

105. (Previously Presented) The method of claim 98 or 102, wherein one serving of the supplement further provides about 1.5 grams of fat.

Claims 106-107 (Canceled).

108. (Previously Presented) The method of claim 98, wherein the supplement is a powder.

109. (Previously Presented) The method of claim 108, wherein the powder is mixed with a liquid to provide a drink.

110. (Previously Presented) The method of claim 98, wherein the supplement further comprises one or more compounds selected from the group consisting of glutamine, alanine, taurine, carnitine and acetyl-L-carnitine.

111. (Previously Presented) The method of claim 98, wherein the dietary supplement is administered immediately after an exercise period.

112. (Previously Presented) The method of claim 102, wherein the supplement further comprises one or more compounds selected from the group consisting of glutamine, alanine, taurine, carnitine and acetyl-L-carnitine.

113. (Previously Presented) The method of claim 102, wherein one serving of the supplement provides about 20 grams of protein, about 3 grams of carbohydrates and about 1.5 grams of fat.

114. (Previously Presented) The method of claim 113, wherein the supplement further comprises one or more compounds selected from the group consisting of glutamine, alanine, taurine, carnitine and acetyl-L-carnitine.

115. (Previously Presented) The method of claim 102, wherein the dietary supplement is administered immediately after an exercise period.

116. (Previously Presented) The method of claim 112, wherein the dietary supplement is administered immediately after an exercise period.

117. (Previously Presented) The method of claim 113, wherein the dietary supplement is administered immediately after an exercise period.

118. (Previously Presented) The method of claim 114, wherein the dietary supplement is administered immediately after an exercise period.